

## Information for students after receiving the TAJ Card (Hungarian State Health Insurance)

### Finding your local doctor after receiving the TAJ card

After applying for the TAJ card, students first receive their TAJ number which has to be entered in Neptun and sent to the relevant authorities so that the printing of the TAJ card can start. The TAJ number only becomes active after the TAJ card has been printed. Until then, please use the UNIQA private insurance you receive when registering at the Stipendium Hungaricum office.

The TAJ number (without the card) can be used if applying for jobs, but can be used to seek medical assistance free of charge only on an invoice-based fee paying basis which you will be able to reclaim from the NEAK only after you have received the card.

After receiving the TAJ card it is strongly recommended to register with a local General Practitioner (GP) called "házi orvos" in Hungarian. Usually, they are the ones you first turn to when you have a health problem (except for dental problems). They can prescribe medication for you or can send you on to a specialist. If you need to see a specialist, a GP's referral may be required.

These doctors are the local health practitioners, and their offices can be found all around the city. In theory you can register with a local health practitioner anywhere, but unless you belong to their district, they can refuse your request. Because of this (and for the sake of ease) it is recommended, that you choose one the local health practitioner responsible for the people living in the area where you live.

Many district doctors speak English, however, if the one you should officially register with does not, he/she will almost certainly recommend an alternative local health practitioner.

To search for the district GP with whom you should register, please Google:

„budapest házi orvos x kerület”

Instead of „x”, put with normal number (e.g. 7., 8., 10., etc.) of the district in which you live. If you are not sure, the district is given in the postal code of your address and is the middle 2 digits.

E.g. 1089 means 08 = 8. district, 1123 means 12 = 12. district.

### Registering with the GP

You need to ask for an appointment and register with your local GP (Házi orvos) in-person.

You have to call in advance and explain briefly that you would like to register with the doctor. The assistant will give you an appointment when you can go to the GP's office.

When you go to see the GP to register make sure to bring the following with you:

- Passport
- Residence Permit and Address Card
- TAJ card

- If you have any chronic illnesses, any previous medical information or results you may have
- If you take any sort of prescription medication regularly, you should also have a list of these. (If you have been taking medication in your home country, it is suggested that in addition to the actual name of the medication, you also note down the name of the active ingredient(s). (The names of medications may differ in different countries and the name of the active ingredient will help the GP identify the equivalent medication available in Hungary.)

The assistant / doctor will ask a few basic questions about your overall health and regular medications if any and take your details. If the GP in question accept you as a patient, you will receive a certificate about this which has to contain the GP's name, address of the GP's office and the telephone number.

### **Contacting the doctor in case of any medical problem.**

In case you experience any medical problems you need to do the following:

#### If the problem is serious / urgent, or an emergency:

You can attend the Emergency Department on call in your place of residence Budapest, where they will treat you right away. Please bring your TAJ card with you. You can also call **112** (a toll-free number through which you can receive immediate assistance – also in English - from the [Hungarian Police](#), the [National Ambulance Service](#), and the Hungarian National Organization for Rescue Services) from any phone and ask for an ambulance if you are unable to go by yourself. (Please note that in the Emergency Departments, treatment is not on a first-come-first-served basis, but patients are categorized and received depending on the severity of their health problem. I.e. If you go to the emergency department with a cold, you will probably spend the whole night there, so go to the emergency department only if it is really not possible to wait till you can contact your GP).

In case your medical problem is urgent but not an emergency you can contact the evening medical center called "Háziorvosi ügyelet". These doctors are GP's but can see anyone outside of normal office hours, even late at night. You can use Google Maps to find the nearest office to your residence by typing into Google: háziorvosi ügyelet and the number of the district you are living in (e.g. 9. kerület).

#### If the problem is pressing but not an emergency:

You need to contact the GP you registered with earlier and ask for an appointment or consultation over the phone. They will explain to you the next steps and might ask you to attend their office or prescribe medication to you over the phone. .

### **Picking up prescription medication from a pharmacy**

There are two kinds of medications you can buy in the pharmacy. The first kind is over the counter, you don't need a doctors prescription for these. Examples include lighter painkillers, stomach pain medications, cough medicine etc.

The other kind of medication you can pick up in the pharmacy is prescription medicine, to do this you will need to ask the GP to prescribe it for you fist during your consultation. Examples include antibiotics, stronger painkillers, etc.

To receive this you will need to take your TAJ card with you to the pharmacy and they will be able to see the medication the doctor has prescribed for (after you visited him/her or requested the prescription of the medication over the phone) you in their computer system. You will need to pay for both kinds of medication, but some prescription medication is discounted with the TAJ card. Prescriptions (e-prescriptions) are valid for up to max. 3 months from the date of prescribing. In some cases, you may be requested to show a photo ID. (If a friend is ill, his/her GP has prescribed medication for him/her, others can also pick it up at a pharmacy if they know the patient's TAJ number and show a photo ID proof of identification (in such cases, the person picking up the medication instead of the patient will have to sign for it at the pharmacy).

Make sure to always follow the instructions for taking medication given by the doctor / pharmacist.

**Medical needs you can turn to a GP with:**

You can attend the GP with any kind of medical issue, even pre-existing medical conditions.

In some cases the doctor might not be able to treat you locally in their office, therefore they will refer you to a hospital or health center where you can get specific treatment or examinations. Examples of this might be a blood test, X-Ray, CT, etc.

They will give you a medical referral called „Beutaló” in Hungarian with the details on it, and an address you need to attend. Please ask them to help you with understanding this document, as it is generally in Hungarian.

You will need to call the hospital / health center to book an appointment to your specific examination ordered by the GP. Please take your documents and your TAJ card with you to this examination along with the paper the doctor gave you.